Abstract of the disclosure

The present invention provides an optical sheet produced by injection molding method, with stresses on surface layers of two opposing main planes up to 200 kg/cm^2, and being free from warping or deformation after molding. Each of stresses on the front surfaces of the two opposing main planes of the optical sheet is preferably up to 200 kg/cm^2, and difference of stress between the two main planes is preferably within 20%. The optical sheet is used in applications such as a Fresnel lens sheet and a lenticular lens sheet for a screen of a projection television or a projector, and also as a condensing Fresnel lens sheet and an emboss sheet.